New to the MARS Equilibrium Track Record? Start here.

The page is the public, live record of a 78-week trading test (Mon 7 Dec 2026 to 2 Jun 2028), organised in nine menus: Home, Edge, Risk, Performance, Execution, Lab, Alpha Cup, Play and Records. Every result is shown in **R** (multiples of the amount risked per trade) and **%**. You don't need to know trading to read it: follow the three steps below.

1 Take the guided tour

Open the page and click **Tour** in the menu. First-time visitors also see a **"New here?"** card with a **Start the tour** button.

Up to twenty-four short steps in five chapters explain the key numbers in plain words, then show where the proof lives; the tour covers the pages at your view level (17 steps at level 1). Use **Next** and **Back**; press **Esc** to stop. You can restart it any time.

2 Learn three words

R: the amount risked on one trade. A win of +1R made back what was risked; −1R lost it.

EV (expectancy): the average result per trade, in R. Above zero means the strategy makes money on average. The plan expects about **+0.15R**.

Drawdown: how far the account is below its highest point, in %.

3 Read five numbers on the Home page (Home › Summary), in this order

NUMBER	WHAT IT TELLS YOU	GOOD SIGN
Trades and verdict	How much evidence there is so far (top of the page).	Under 30 trades it says **Provisional**. That is normal, not a warning.
EV (avg net R)	Is there an edge? This is the most important number.	Above zero; near +0.15R is on plan.
Max drawdown and gate	Can it survive? The gate name shows the safety level; deeper drawdown means smaller risk, automatically.	Shallow drawdown; gate **Growth**.
Return vs benchmark	The chart: is the account growing on schedule? The shaded band is the normal range.	Line inside or above the band.
All-in cost	How much of the edge goes to trading costs.	About 0.05R a trade or less.

The coloured chips

Ahead Better than the plan or benchmark.	**On pace** Normal range. Most of the time.	**Watch** Slipping. Worth following.	**Behind** Below the normal range.	**Provisional** Too few trades to judge yet.

Elsewhere the page uses the same idea. Gate (safety level): Growth · Recovery · Buffer · Floor · Deep-Floor · Ground-Floor · System Lock **Mode:** Conservative · Balanced · Aggressive **Tier** (risk size, cool to hot): T1 · T2 · T3 · T4 · T5 · T6 · T7 **Day:** Top Green · Green · Yellow · Red **Results:** Win · Loss · BE · Long · Short

Where to go when you want to know...

QUESTION	GO TO	TIP
What does a word mean?	Glossary · the ? buttons	Hover or click any small **?** next to a term.
Where does a number come from?	ⓘ on a tile	Its sum. Click a tile (phone: hold) for its card.
Where is a chart or a number?	⌕ Search (or press /)	Type a word like "drawdown" or a date.
What happens tomorrow?	Risk › Tomorrow	The risk for the next four trades.
Anything to worry about?	Risk › Warning signs	Six signals, OK / Watch / Act. Act = review now, never stop.
What happened this week?	Records › Week stories	Each week in a few plain sentences.
New to forex? Start with the basics.	Records › Education	Free 100-module course.
Which markets carry the edge?	Performance › Breakdowns	By symbol, then By asset class: Forex, Indices, Commodities.
Did a withdrawal count as a loss?	Records › Statements	No: returns are flow-neutral. The Withdrawals cards show account, banked and total value.
Is a losing streak normal?	Lab › You vs the Rail	Same trades, your risk against the rail's.
What did each review teach?	Records › Journal	Every review's summary and lessons.
Can I trust the numbers?	Records › Integrity	✓ in the header = checks passed; each day is sealed in Bitcoin; the replication kit rebuilds the numbers.
Keep my favourite cards?	☆ on a card › ★ My dashboard	Saved in your browser only.
Show it to someone?	▶ Present · Share card · ⤓	Slideshow, image, text update or a copied chart.

Planning, what-if and look-back tools

Once a few weeks of trades exist, these pages answer the next questions. Each one says when it starts working; before that it shows what it will show.

4 Check the week and the finish line

QUESTION	GO TO	WHAT YOU GET
Is this week normal?	Home › Pace and finish line	This week's R against the range 8 weeks in 10 land in, and the likely finish.
Is the 110-fold goal on track?	Home › Pace and finish line	The weekly growth needed from today, next to the pace so far.
Where will it end up?	Home › Pace and finish line	Projected week-78 figures for the core metrics, with ranges.
Is this week on forecast?	Home › Summary	The range saved before the week, against net R so far.
How's the "weather"?	Home › Summary	Sunny to stormy in one line, plus the chance of a green day and week.
Warn me if things slip	Home › Watch levels	Your own drawdown, EV and losing-run alarms; a banner shows on Home.
Is the edge fading?	Edge › Edge decay	Early trades against recent ones, from 40 trades.

5 Ask "what if?" and look back

QUESTION	GO TO	WHAT YOU GET
What if one session were skipped?	Lab › Skip-it what-if	The record without a session, market, slot or weekday. Beware hindsight.
Is the 4th trade worth it?	Lab › Fourth-trade value	3 trades a day against 4, and "stop after two losses".
What do costs and risk do?	Lab › Calculators	Your spread, stop and win rate give the break-even win rate; risk of ruin by risk level.
More or less risk?	Lab › Mode comparison · Risk › Kelly check	The same trades under other risk caps; the risk the edge would justify.
Was it worth the effort?	Performance › Benchmark arena	A race against random entries and the benchmark, then savings, EURUSD and doing nothing.
Did a rule change help?	Records › Rule-change impact	Before against after each change, with a sample-size warning.
Relive or print a week	Records › Replay a week · Week report	Step through trades with the gate and tier; one page to print or save as PDF.
Look back on a season	Records › Hall of fame and seasons	▶ Season recap: a six-slide show for any 13-week season.
Just for fun	Play · Performance › Week bingo · Lab › Forecast › Next week	Seven trading games, three bingo cards from real trades, a range forecast for next week.

What to ignore at first

- One day or one week. About 1 week in 4 ends red even with a real edge.
- Losing streaks under about 6 trades: they are normal at a 60% win rate.
- Slices with only a few trades (one market, one weekday). Mostly luck.

Handy settings

- **Light / Dark** at the top right, **Colour-blind** next to it; ◐ **Level** in the menu: how many pages you see (page 5).
- **R | %** above 21 charts (level 3 and up): show a chart in R (the edge, sizing taken out) or in % of the account.
- **Practice record** (Home › Summary): fill every page with 160 invented trades to try the tools; this browser only, off by default.
- ⚲ **Filters** and 🗓 **Dates** in the menu bar narrow all 36 trade pages at once (asset class, market, session, timeframe, date range); clear them to see the whole record.
- **On a phone:** menu bar at the bottom (Tour is under More); swipe to change page; the header stays at the top as a slim bar while you scroll.
- Want more? The full **Reader's Guide** (link in the menu: Guide ↗) has 14 chapters: chapter 1 Start here, 2 Using any page, then one chapter per menu in menu order (3 Home, 4 Edge, 5 Risk, 6 Performance, 7 Execution, 8 Lab, 9 Alpha Cup, 10 Records), 11 Play and Education, 12 Site pages, 13 The trading plan, 14 Questions and glossary.

Proof, trust and your progress

Why believe the numbers? These pages let anyone check the record without trusting this site, and show how the plan is followed. The last table is about you: learning, games and keeping MARS close.

6 Check the proof

QUESTION	GO TO	WHAT YOU GET
Can past trades be changed?	Records › Integrity (Verification chain)	Each batch of trades is time-stamped in the Bitcoin blockchain; anyone can check it.
Can I check the maths myself?	Records › Integrity (Replication kit)	The trade list and an Excel file that rebuilds the headline numbers offline.
Better than chance?	Performance › Benchmark arena	MARS against random 1:1 entries, a coin flip and the Monte Carlo middle line, in %.
Is the plan followed?	Execution › Grades and compliance	Compliance scoreboard (14 items per trade) and the Daily grades calendar.
Skill or easy markets?	Performance › Market climate	Climate edge map: market rating against trade quality. Climate is never in the grade.
What went wrong?	Records › What we got wrong	Every mistake kept for good, with its fix. A losing trade is not a mistake.
How is a metric calculated?	Home › Five-metric report card	Show the calculation: trades, formula, values, rounding.
Tested, or picked afterwards?	Records › Hypothesis register	Questions published before the trades that answer them.
A monthly summary?	Records › Statements	A statement per month in R and %, ready to print.
Best-executed trades?	Home › Trade of the week · Records › Hall of fame	Picked by grade and compliance, not profit; case studies by month.

7 Learn, play and keep it close

QUESTION	GO TO	WHAT YOU GET
Where do I start?	Home › Where to start	Six ways in; or Customize my view for your own shortcuts (step 20).
Learn the ideas	Education (website)	100 short modules, 25 quizzes, a final exam and printable certificates.
Practise for fun	Play (website)	Seven trading games, each ending with a review and a same-luck rematch, plus drills; nothing touches the record.
Choose a risk size	Lab › Forecast › Challenge	Commit one sizing; it is graded on fresh simulated paths.
What changed since I last looked?	Home › Since your last visit	New trades, moved figures, gate changes and site updates.
How far have I got?	★ My dashboard	My profile: Education, exam, games, forecasts and pages explored, on this device only.
Ask a question	• QUINN (bottom right) or press Q	Quinn, the educator and data analyst: explains any page or number, writes day, week or period reports and runs what-ifs, in R and % with sources. No advice or signals.
Compare two pages?	⧉ Split view (menu bar)	Two pages side by side, each with its own picker.
Keep my own notes	✎ on any card or trade row	Private notes in this browser, listed in ★ My dashboard › My notes; a backup file moves them to another device.
Keep it on my phone	Install app (top bar, website)	Adds MARS to the home screen like an app.

One rule for reading all of it

- Under 30 trades everything is **Provisional**; under 300 the verdict is still provisional. Read trends, not single days.
- Results are shown in **R and %** only. Nothing here is investment advice.
- The guided tour's fifth chapter, **Proof and trust**, walks through this page on screen.

Meet Quinn

Quinn is the track record's educator and data analyst: a chat assistant on every page of the website. It explains any page, chart or term, gives the record's figures, compares slices, writes reports and runs what-ifs, all in R and % with the pages it used. The Reader's Guide, Appendix D, goes deeper.

Ask Quinn: seven ways in

WHEN YOU WANT TO…	TRY ASKING	WHAT YOU GET
Know what a term means	`What does EV mean? · What is SQN?`	A plain explanation from the site's own pages, with Sources.
Get one figure	`What is the win rate? · What's tomorrow's risk per trade?`	The figure as the site shows it, then What this means.
Compare slices	`Which session is best? · EV by market · win rate for gold in London`	Each group with its trade count, and a link that opens Performance › Explore with those filters.
Get a report	`How did week 3 go? · Report for 7 Dec 2026 · Summary of period 1`	A sectioned report: trades, net R, win rate, risk and gate.
Try a what-if	`What win rate would reach the ×110 goal by week 78? · What if the last 3 losses had been wins?`	The Lab's own tools, labelled Hypothetical, inside the pages' ranges.
Find a page	`Where can I check the broker statements? · How do I change the view level?`	The menu path, and the view level that page needs.
Help with a game	`How does the Alpha Cup work? · How do I play Drawdown Escape?`	How it works and where to start.
Understand my score	`Ask about my match (button, after a game)`	What decided the score, from that match's numbers only.

Open it, move it

- ● **QUINN** at the bottom right of every website page, or press **Q**; **Esc** closes it.
- **Open full view** gives Quinn the whole page; ⌕ Search offers Quinn when it finds nothing.
- Drag the header to move the panel (phones too); double-click or double-tap it to put it back.
- Quinn greets you for your time of day, from your own device's clock, and offers twelve starter questions.

Asking well

- One question at a time; name the slice (market, session, timeframe, weekday, week, period, dates).
- Follow up briefly: "and in London?" is read with your question before it.
- A value not in the record is refused, and the answer lists the values that are.

Reading an answer

- **Figures** come from the site's own calculations on the published record; Quinn never adds a number of its own.
- **What this means** is a short reading of those figures, checked before it is shown.
- **Sources** lists the pages used (with the level each needs); **Go deeper** and **Related** suggest next steps.
- Under 30 trades answers say the numbers are early; under 300, that the verdict is provisional.

What Quinn won't do · privacy

- No advice, no buy or sell signals, no predictions; everything in R and %.
- Nothing about how the strategy's tools are set up beyond the 14 Charter items.
- Questions are logged without personal details: no IP address or session id; emails, numbers and links removed (see Legal).
- With the practice record on, Quinn still answers from the real record.

Your first five minutes with Quinn

1. Ask **How is it going so far?** for the record's headline figures, with the note on how early the sample is.
2. Tap a **Go deeper** question under the answer, for example the one about what provisional means.
3. Ask **Which session is best?**, then open the Explore link to see the same slice on the page.
4. Try a what-if: **What win rate would reach the ×110 goal by week 78?** Read the assumptions it lists.
5. Ask where something lives, such as **Where can I check the broker statements?**, and follow the link.

Five view levels

The track record has 94 pages. A view level sets how many of them the menu shows, so a first visit is not a wall of tabs. Start small and step up when you want more; level 5 shows everything.

8 Pick your view level

LEVEL	PAGES	SUITS	WHAT IT ADDS
1 · Essentials	12	First visit; a quick weekly check	How it's going, tomorrow's risk, the trades and the proof
2 · Explorer	49 (+37)	Curious readers who want the main tools and the games	The edge, gates, warning signs, grades, the simulator, the RAER & RAPF playground, Drawdown Doctor, Rail Cockpit, Milestone preview, Expected R, Discipline Dividend, Time Machine, the report audit, the hypothesis register, the benchmark challenge, Education, games, drills and week reports
3 · Trader	69 (+20)	Traders judging risk, cost and discipline	Proof charts, drawdown, exposure, breakdowns, cost, climate, discipline, Edge Court, Bayes vs You and Hot & Cold
4 · Analyst	83 (+14)	Readers comfortable with statistics	Rolling windows, belief, alpha, tail risk, excursions and forecasts
5 · Professional	94 (+11)	Everything, every tab	The specialist tests, ratios and what-ifs

9 Every page, by level

LEVEL	PAGES IT ADDS (EACH LEVEL KEEPS EVERYTHING BELOW IT)
1 · Essentials	**Home:** Summary, Five-metric report card · **Risk:** Tomorrow · **Performance:** Explore · **Alpha Cup:** Match centre, How to play · **Records:** Trade log, Week stories, Timeline, Hall of fame and seasons, Achievements, Integrity
2 · Explorer	**Home:** Pace and finish line · **Edge:** Edge statistics, Myth vs data, Milestone preview, RAER & RAPF · **Risk:** Gates and tiers, Warning signs, Drawdown Doctor, Rail Cockpit, What would MARS do? · **Performance:** Compare periods, Week bingo · **Execution:** Grades and compliance, Grade this trade, Expected R (xR), Discipline Dividend · **Lab:** Forecast · **Alpha Cup:** Team builder, Statbook, Trophy room · **Records:** Journal, Week report, Replay a week, Time Machine, Hypothesis register, Statements, What we got wrong, Audit the report, Education · **Play:** All games, Chart Pilot, Funded Challenge, Strategy Forge, Market Scanner, Drawdown Escape, Rail Week, Desk Tycoon
3 · Trader	**Home:** Watch levels · **Edge:** Stability, Luck tests, Edge Court, Bayes vs You, Hot & Cold · **Risk:** Gate ladder and recovery, Equity and drawdown, Exposure and clustering, Day colours · **Performance:** Breakdowns, Benchmark arena, Market climate, Time and rhythm, Markets and mix, Cost · **Execution:** Discipline cost, Tilt detector · **Lab:** Calculators, Lab console
4 · Analyst	**Edge:** Rolling windows, Win-rate belief, Alpha vs benchmark, Edge decay · **Risk:** Tier forecast, Growth vs risk, Pain and tail risk · **Performance:** Growth attribution, Evidence ledger, Excursions and what-if · **Execution:** Booster value, Fill quality, Day paths · **Lab:** Sample-size planner
5 · Professional	**Edge:** Sequential test, Curve quality · **Risk:** Kelly check, Pro ratios, Rail value-added · **Performance:** Leaderboard, Benchmark rank · **Lab:** Skip-it what-if, Fourth-trade value, Mode comparison · **Records:** Rule-change impact

How levels work

- **Change it any time** from ◐ **Level** in the menu (under More on a phone) or the **View level** card on Summary. It is remembered on this device.
- **First visit opens at level 1.** If you used Simple view before you start at level 1; otherwise a returning visitor starts at level 5.
- **Nothing is locked.** A link or Search still opens any page; a note at the top says which level it belongs to, with a button to switch.
- **The tour follows your level:** 17 steps at level 1, 21 at level 2, all 24 from level 3.

How the rail sets the risk

Each morning, before the first trade, three facts set one risk for all four trades of the day: how far the account is below its highest daily close, how yesterday went and how last week went. Nothing is changed during the day.

10 The gate: how far below the peak

GATE	DRAWDOWN FROM THE HIGHEST CLOSE	TIER CAP	RISK A TRADE
Growth	Under 7%	T5	4.50% to 5.50%
Recovery	7% to 13%	T5	3.25% to 4.50%
Buffer	13% to 19%	T5	2.75% to 3.63%
Floor	19% to 27%	T3	2.00% to 2.25%
Deep-Floor	27% to 34%	T2	1.00% to 1.25%
Ground-Floor	34% to 40%	T1	1.00%
System Lock	40% or more	–	0%: no trading

11 The tier: how yesterday and last week went

YESTERDAY'S AVERAGE R A TRADE	DAY COLOUR	BASE TIER	LAST WEEK'S AVERAGE R A TRADE → MODIFIER
+0.35R or more	Top Green	T5	+0.33R or more → +1
+0.25R to +0.35R	Green	T4	+0.06R to +0.33R → 0
+0.05R to +0.25R	Yellow	T2	above 0 to +0.06R → −1
Below +0.05R	Red	T1	0 or below → −2

Tier = base + modifier, at least T1 and at most the gate's cap (in Balanced the highest tier is T5, or T6 in Growth after an Above-plan week). Risk a trade = the gate's pool for that tier ÷ 4, for example Growth T1: 18% ÷ 4 = 4.50%.

Worked example

A day of win, win, loss, loss at 1:1 with 0.05R of cost: +0.95 + 0.95 − 1.05 − 1.05 = −0.20R, an average of −0.05R: **Red → T1**.

The account closes 1.05% below its highest close, so the gate is still **Growth**. Next day: **Growth T1 = 4.50%** a trade.

The gate reads the **highest daily close** (Equity Peak High), not a high touched during the day. A fall to −40% stops trading on the spot (System Lock).

What a fall costs to climb back

FALL FROM THE PEAK	GAIN NEEDED TO RECOVER	GATE THERE	RISK A TRADE THERE
−10%	+11%	Recovery	3.25% to 4.50%
−20%	+25%	Floor	2.00% to 2.25%
−30%	+43%	Deep-Floor	1.00% to 1.25%
−40%	+67%	System Lock	0%: no recovery by trading

Gain needed = 1 ÷ (1 − fall) − 1. Deeper falls need much more gain, and the rail climbs back at lower risk: the price of survival. Risk › Gate ladder and recovery has the recovery clock.

Where to see it

QUESTION	GO TO	WHAT YOU GET
What is tomorrow's risk, and why?	`Risk › Tomorrow`	The next day's gate, tier and risk, with each step of the rule.
The full gate table?	`Risk › Gates and tiers`	Every gate's pools, caps and posture.
Can I call it myself?	`Risk › Rail Cockpit`	Call the gate and tier for real mornings; This week's decision scores you.
What did a week change?	`Records › Week report`	Each week ends with the next gate, tier and risk and the rule that set them.

The full rail also has an elite cap after an above-plan week and a caution lock after repeated red days; Risk › Tomorrow always shows the record's own answer.

Five core metrics, the benchmark and the verdict

MARS judges itself on five metrics in a fixed order of authority: edge first, survival second, then efficiency, profit quality and speed. Each is compared with a benchmark of the plan itself, and the verdict only becomes firm with enough trades.

12 The five core metrics, in order

METRIC	THE QUESTION	HOW IT IS MEASURED	PLAN OR GOOD SIGN
1 · EV	Is there an edge?	Average net R per trade, breakevens included	About +0.15R; its 95% range above 0
2 · Drawdown	Can it survive?	Deepest fall below the highest daily close	Inside the benchmark's middle half; gates hold
3 · RAER	Is risk turned into return?	Profit ÷ risk put on, each trade weighted by the money it risked	Near +0.15 at plan
4 · RAPF	Is profit quality real?	R profit factor (±0.10R band) × 3.5% ÷ average risk per trade	About 1.36 at 3.5% risk; above 1
5 · Acceleration	Is growth speeding up?	This week's % return − last week's	Above 0 over time

Show the calculation (Home › Five-metric report card) rebuilds each number from the trade log: the trades used, the formula, the values and the rounding.

13 The benchmark: a ruler, not a target

- Equilibrium's **1:1 Monte Carlo** plays the plan on 50,000 frozen paths: 4 trades a day, 4 days a week, 60% wins at 1:1, about 0.05R of cost, the same rail and the System Lock.
- **P25 / P50 / P75** are where a quarter, half and three quarters of those runs sit at the same week. Inside the middle half is ordinary; outside it is worth a look.
- The ⓘ **About this benchmark** note under each simulation says what it assumes and whether it reports where runs *end* or what *happens at some point*.

14 When the verdict changes

STAGE	RULE	WHERE
Under 30 trades	Every status reads Provisional; no rule or mode changes	Home › Summary
Edge shown	The whole 95% range of EV above 0 (about 170 trades at +0.15R)	Home › What would change the verdict
No edge	The whole 95% range below 0	Edge › Edge statistics
Firm verdict	At 300 trades; milestone reviews at 30, 100 and 300	Edge › Milestone preview
Stopping	No verdict stops trading: it is the trader's judgement; the System Lock at −40% sets risk to 0	Trading Plan and Risk Charter

How sure is the EV? (spread about 0.98R a trade)

COUNTED TRADES	95% RANGE AROUND THE MEASURED EV	WHAT IT MEANS AT A +0.15R EDGE
30	± 0.35R	Far too wide to tell an edge from luck
100	± 0.19R	Still crosses 0 at +0.15R
170	± 0.15R	Just clears 0 if the EV holds at +0.15R
300	± 0.11R	Firm verdict: the range is narrow enough to judge

Range = 1.96 × spread ÷ √trades. This is why the verdict waits, and why a good or bad month says little.

15 What counts as alpha here

- Four steps, weakest first: **positive net R**, **account growth**, **above the 1:1 median**, and **MARS alpha**: above the median without a worse drawdown, efficiency (RAER, RAPF) or compliance.
- Making money is step 1, not alpha. Each step reads Pass, Not yet or Open on Home › What would change the verdict.

Why you can trust the record

Every number traces back to the broker's statement, the rules were published before the first trade, and nothing published can be changed quietly. You can check all of it yourself.

16 The checks, and what each one proves

CHECK	WHAT IT PROVES	WHERE
Statement match	Every closed broker position is on the page and nothing was added, for example “42 of 42 matched · 0.00R”	Records › Integrity
Daily health check	The tracker agrees with the statement to the cent before any review runs	Records › Integrity
Fingerprints	No published trade row was edited later; every earlier fingerprint is re-checked at each build	Records › Integrity
Verification chain	Each batch of trades is time-stamped in the Bitcoin blockchain (OpenTimestamps)	Records › Integrity
Replication kit	Rebuild the headline numbers yourself in Excel from the trade list	Records › Integrity
Monthly statements	A final PDF per month, never rebuilt, its fingerprint sealed in Bitcoin	Records › Statements
Sealed rules	The Charter and Methodology were published and sealed before go-live	Site pages: Charter, Methodology
Rule freeze and ledger	No rule changes before 30 trades; every change is dated and measured	Records › Rule-change impact
Hypothesis register	Questions fixed before the trades that answer them (pre-registration)	Records › Hypothesis register
What we got wrong	Every mistake stays, with its fix; corrections are new entries, never edits	Records › What we got wrong

17 Read any record like an auditor

TRAP	THE HONEST QUESTION	PRACTISE IT
A flattering median	Is it the median of everyone, or only of those who recovered?	Records › Audit the report
Deposits as return	Is added money being counted as profit?	Records › Audit the report
Survivors only	Where are the strategies that were stopped?	Records › Audit the report
Reach vs reach safely	Does “reaching the target” include runs that hit the System Lock?	Lab › Forecast › Goal-seek
One lucky day	Does it survive without its best day or week, or with +0.02R more cost?	Edge › Edge statistics
A tiny slice	Six good Thursdays: is the 95% range still across 0?	⚲ Filters · the Trap level

Four of the original seven Audit the report exercises are real mistakes this site made and fixed, found by outside reviewers. For more, Practice reports draws endless new ones from 45 templates, and every 25 right answers earns one of ten Audit badges (My dashboard › My badges).

What the site never shows, and why

- **No money amounts.** Results are in R and %, so the record reads the same at any account size; the build refuses to publish a page that contains a balance or a dollar figure.
- **No position sizes.** Lots follow from the risk and the stop; the risk per trade is shown instead.
- **The entry method stays private** beyond the 14 checklist items named in the Charter; the full trade reviews are private and only short public summaries are published.
- **Practice data is never real.** The sample record lives only in your browser, is marked SAMPLE on every card and never reaches downloads, statements or share cards.

Your weekly routine and reading a trade

Five minutes a week is enough to follow the record properly. Start with the week, then the verdict, then tomorrow's risk; read trades for process, not for profit.

18 A five-minute weekly routine

STEP	GO TO	LOOK FOR
1 · What happened this week?	Records › Week report (or the RSS feed)	What happened, what drove it, what it changes. Each week has its own link.
2 · Where does the evidence stand?	Home › What would change the verdict	The EV range against 0 and the trades still needed.
3 · What is next week's risk?	Risk › Tomorrow	Gate, tier and risk, with the rule that set them.
4 · Was the plan followed?	Execution › Grades and compliance	Breaches and quality grades, not profit.
5 · Test yourself	Risk › Rail Cockpit	This week's decision: call the gate and tier, then see the rule.
6 · Still trustworthy?	The ✓ Integrity chip (top of every page)	✓ means the checks on page 8 passed.

19 Reading one trade (Records › Trade log, click a row)

FIELD	WHAT IT MEANS
Net R	The result after every cost, in R. A full 1:1 win is about +0.95R, a full loss about −1.05R.
All-in cost	Spread, commission, swap and slippage in R. At 0.05R the break-even win rate is 52.5%.
Planned reward:risk	Take-profit ÷ stop distance at entry: 1:1.00 for every trade (one branch, a 1:1 hard stop).
Tier, gate and the day's risk	Set the morning before by the rail (page 6); the same for all four trades that day.
Compliance	14 mandatory checklist items from the Charter. A missing item on the before chart is a breach, never averaged in.
Quality grade	A+ to D− for how well the trade was executed, judged apart from its result.
Open alongside	Other positions open at the same time, the currencies they share and the summed stop risk.

Common misreadings

- A losing trade is not a mistake: at 60% wins, 4 trades in 10 lose by design.
- A green day needs 3 wins of 4: 2 wins and 2 losses is −0.20R after cost.
- Net R and the account can move opposite ways when the losing days carried more risk.

Before you conclude anything

- One week proves nothing: about 1 week in 4 ends red even with a real edge.
- The same trades in another order end somewhere else (sequence risk): Replay a week shows it.
- Profit is not alpha, and a forecast range is not a promise.
- If EV moved, ask whether the mix of trades changed or the trades themselves (Compare periods).
- Long tables have a drop-down under each column: filter, read the count, then clear.
- At a glance, beside a chart (or folded under it on a phone), gives start, latest, high, low, the typical value and what changed lately.

Ten words worth knowing (all in the Glossary)

WORD	IN ONE LINE
Equity Peak High	The highest daily close so far; every drawdown and gate is measured from it.
Gate	A safety level set by the drawdown; deeper gates cap the tier and the risk.
Tier	The risk step inside a gate, from yesterday's colour and last week's status.
Day colour	Yesterday's average R a trade: Top Green, Green, Yellow or Red.
System Lock	40% below the peak: risk is set to 0 and trading stops.
Breakeven band	Results within ±0.10R count as breakevens, not wins or losses.
Benchmark	The plan played on 50,000 frozen paths: the ruler for what is normal at each week.
Provisional	Too few trades to judge: every status under 30 trades, every verdict under 300.
Breach	A mandatory checklist item missing on the before chart; recorded, never averaged away.
Sequence risk	The same trades in another order end elsewhere, because the rail reacts to results.

Make the site your own

The site has more than ninety pages, but most visitors need only the few that answer their own questions. These tools set it up around you. Everything is kept in your browser: no account, and nothing is sent anywhere.

20 Customize my view: two routes

ROUTE	WHAT YOU DO	WHAT YOU GET
Quick start (Home)	Pick one of six ways in, then one of its follow-up links	One useful page that is open at every level
Build my view (◐ Level › Customize my view)	Answer 46 one-tap questions in 10 short sections, about three minutes; skip anything	Your start page, 4, 8 or 12 shortcuts on Home, a level suggestion and cards for My dashboard
Your view (Home)	Nothing: it comes back on every visit	Your shortcuts first, best match first; the six ways in under Other ways in

21 The six ways in

YOU CAME TO…	FOLLOW-UP LINKS	THEY OPEN
Learn the system	What 1:1 means · How MARS works · Start with the basics · Walk me through the site	Glossary entry 1:1 · Methodology overview · Education (website) · the guided tour
Follow the results	The latest week · The full track record	Records › Week report · Trade log
See how trading and risk work	How a trading day is managed · What happens after losses	Risk › Tomorrow · Drawdown Doctor
Dig into the numbers	What drove performance · How strong the evidence is · Verify the trades	Performance › Explore · Edge statistics · Audit the report
Run a what-if	Test a growth target · Change an assumption · Recovery scenarios	Lab › Forecast (Goal-seek, Simulator) · Drawdown Doctor
Play or replay	Replay a week · Try a challenge · Follow the Alpha Cup	Records › Replay a week · Play · Alpha Cup

22 More ways to set it up

TOOL	WHERE	WHAT IT DOES
View level	`◐ Level in the menu`	How many pages the menu shows: 12 at level 1 · Essentials up to all 94 at level 5 · Professional.
My dashboard	`☆ at the top right of any card`	Your own page of pinned cards; reorder or unpin them there.
Watch levels	`Home › Watch levels`	Your own alerts: a drawdown past a %, an EV at or below a level, or a run of losses.
Saved views	`Performance › Explore`	Save a set of filters, and open two side by side.
Search	`Search in the top bar`	Every page and glossary term, at your level first.

Good to know

- The level in Build my view is only a suggestion: your level changes only if you tick it.
- Remove my view clears your answers and shortcuts but keeps your pins. Clearing the browser's data for the site resets everything.

Three starting views, by visitor

IF YOU ARE…	ANSWER YES TO…	YOUR VIEW OPENS WITH
New to trading	the 1:1 plan, EV explained, how gates work, a free course	Education, Home › Summary, Gates and tiers, Myth vs data
Following the record	a weekly summary, every trade, pace to the goal, your own warnings	Week report, Trade log, Pace and finish line, Watch levels
Checking the numbers	strength of the evidence, luck tests, statements, rebuilding a figure	Edge statistics, Luck tests, Statements, Audit the report

Your first three minutes

- Pick a ◐ **Level** (level 1 or 2 is a good start), then open **Customize my view** and answer the About you section.
- Answer only the sections you care about and tap **See my view now**; skipped questions simply add no weight.
- Save, then tick two or three suggested cards for **My dashboard**. Retake the questions any time; your pins are kept.

Dig into the numbers

Every figure raises three different questions: what drove it, how much weight it can carry, and whether it is right. Each question has its own tools. Take “London had the highest EV” as the example.

23 One number, three questions

QUESTION	ASK	GO TO
Analysis	Which markets or trades drove London's result?	Performance › Explore
Statistics	How often would a group this size look that good by luck alone?	Explore › Filter-trap meter
Verification	Which trades went into the figure, and can I rebuild it?	Matching trades · Show the calculation

24 Analysis: what drove it?

TOOL	WHAT IT ANSWERS	WHERE
Who carried the result?	Which groups made or lost the total, with each group's EV and its 95% range	Performance › Explore
Does the edge repeat?	Weekly EV per group on one scale: steady, or one lucky week?	Performance › Explore
What did each filter change?	Each filter removed in turn, and what that does to the EV	Performance › Explore
What these numbers rest on	How many matching trades carry a cost, a grade, excursions or a climate rating	Performance › Explore
What changed EV?	Period A to B split into wins, winner size, losses, loss size, scratches and costs, adding up exactly	Performance › Compare periods
Gate replay	The drawdown after every trade over the gate bands, with the gate actually in force	Risk › Equity and drawdown
The 1R receipt	Each trade against its planned exit, gross and net of cost	Records › Trade log

25 Statistics: how much weight can it carry?

TOOL	WHAT IT ANSWERS	WHERE
Edge statistics	The EV with its 95% range; Show the calculation rebuilds it from the trades	Edge › Edge statistics
Filter-trap meter	Your slice against 2,000 random groups of the same size from the whole record	⚲ Filters · Explore
Luck tests	How much of the record luck alone could explain, against a no-edge baseline	Edge › Luck tests
Drawdown Doctor	Is this drawdown normal? It counts how many plan paths dipped as deep	Risk › Drawdown Doctor
Drawdown fingerprints	Every dip overlaid from its own peak: is this one unusual?	Risk › Pain and tail risk

Read the trade count before the EV: a slice of fewer than about 30 trades is mostly noise.

Worked example: “London had the highest EV”

1 · Analysis. Explore, Session = London, Compare by = Market. Who carried the result? shows two markets made most of London's total over many trades; one market's high dot rests on six trades.

2 · Statistics. The Filter-trap meter places London's EV among 2,000 random groups of the same size. If many random groups do as well, the slice proves little, however good it looks.

3 · Steadiness. Does the edge repeat? shows whether London earned in most weeks or in one big week.

4 · Verification. Open the matching trades and Show the calculation: the same figure, rebuilt from the published rows.

Three habits

- Read the trade count before the EV, and the 95% range before the dot.
- Prefer a result that repeats week after week to one that rests on a single week.
- Before trusting a cause, check the change is larger than the noise range (What changed EV?).

Learn by doing

The fastest way to understand the rail is to run it yourself: change the assumptions, replay real weeks and play the games. None of it touches the record, and none of it involves money.

26 What-ifs and simulations

TOOL	TRY THIS	WHERE
Goal-seek	What would it take to reach a growth target, and how safely?	Lab › Forecast › Goal-seek
Simulator	Change the win rate, cost or starting drawdown and watch the range of outcomes move	Lab › Forecast
Benchmark challenge	Commit one sizing; it is graded once on fresh simulated paths	Lab › Forecast › Challenge
Skip-it what-if	Re-run the record without one session, weekday, slot, market or timeframe	Lab › Skip-it what-if

27 Replays and games

TOOL	TRY THIS	WHERE
Replay a week	Step through a real week day by day; Luck of the draw plays its days in every order	Records › Replay a week
Rail Cockpit	Each morning, call the gate and tier yourself, then see what the rail set	Risk › Rail Cockpit
Rail Week	Run a week on the rail; Guess the gate trains the close-not-touch rule	Play › Rail Week
Market Scanner, Drawdown Escape and more	Trading games on real price history, each with a review and a same-luck rematch	Play (website)
Alpha Cup	Build a team of statistics and play it against the live record	Alpha Cup
Week bingo	Three cards dealt each week, marked off by what the real week brings	Performance › Week bingo

Learn and keep score

WHAT	WHERE	WHAT YOU GET
Education	Records › Education (website)	100 short modules in 12 stations, 25 quizzes, a final exam and certificates
What would MARS do?	Risk › What would MARS do?	100 cards: a situation, your call, then the rule
My badges and certificates	My dashboard	Everything you have earned on this site, kept in your browser only

A fair game

- Games and badges never reward not trading; they score decisions against the rules.
- Records › Achievements are the trader's own; your badges are separate and stay on your device.

A practice week

DAY	DO THIS	WHERE
Monday	Call the gate and tier before looking (five minutes)	Risk › Rail Cockpit
Tuesday	Play ten closes and check every wrong call against its rule	Play › Rail Week › Guess the gate
Wednesday	Read one Education module and take its quiz	Records › Education
Thursday	Change the win rate by 5 points and watch the range of outcomes	Lab › Forecast
Friday	Replay the week, then run Luck of the draw on it	Records › Replay a week

What it teaches

- Why the rail cuts risk after a close below a band, not during the day.
- How much of a week's percent result came from the order of its days.
- Why a few points of win rate change the outcomes far more than any single week.